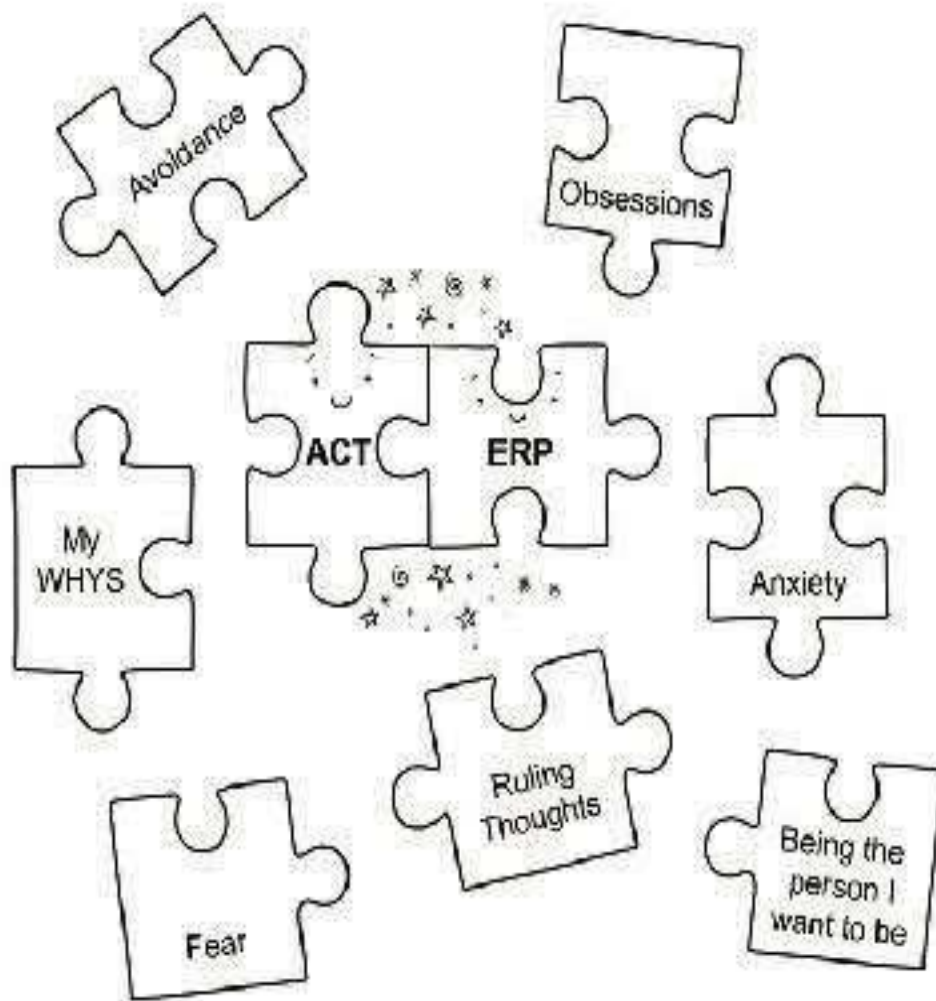


USING ACCEPTANCE AND COMMITMENT THERAPY & EXPOSURE RESPONSE PREVENTION TO MAKE W.I.S.E. M.O.V.E.S.



From the book "Living Beyond OCD
Using Acceptance Commitment Therapy:
A Workbook for Adults"
www.actbeyondocd.com

Here are some key points of how Acceptance and Commitment Therapy (ACT) and Exposure Response Prevention (ERP) skills can help you to overcome OCD episodes:

- In ACT, all exposure exercises are practiced with the purpose of supporting you to create, design, and live a rich, meaningful, and fulfilling life every day!
- Your values-based exposure menu is not carved in stone, but a flexible roadmap that you can adjust, change, and modify as you get your life back on track.
- The principles for practicing values-guided exposures are: start with an activity that matters to you, link every exposure exercise to your values, mix the different types of exposures, vary the situations in which you practice them, make any adjustments you need to keep practicing them, approach them with willingness, stay present with every exposure exercise, and be curious with all the stuff that shows up when putting them into action.
- There are different types of planned values-guided exposures you can do: in a situation, using your imagination and your body; those exposures are academically called situational, imaginal, and interoceptive exposure.
- Remember to use the acronym W.I.S.E. M.O.V.E.S. when approaching any values-guided exposure exercise:
 - o Watch your obsessions
 - o Invite your obsessions
 - o Stay with your experience
 - o Either towards or away from your values
 - o Make a choice
 - o Observe what comes with the choice
 - o Value your choice



- Engage with what's next
 - Soften up with self-compassion
- You can start tackling compulsive behaviors, public and private, by first, making a personal commitment with yourself to do so; and second, by *turning up your defusion, riding the wave, and acceptance skills*.
- There is no right or wrong way to target compulsions; you can start by giving your best to stop doing them, cold turkey and all the way; if it's too challenging, you can shorten it, mess up the order of it, delay it, or even make it hard to do it.
- When making W.I.S.E. M.O.V.E.S., it is natural that you may experience all types of shifts because that's just what happens when doing the stuff that we care about. You may feel a shift in your emotions; your brain may come up with more obsessions; you may have more urges to do something about the obsession-problem; you may feel guilty, regretful, and even shameful; or you may have stronger urges to make sure that you're not causing harm to yourself or others. Obsessions are tricky, and yet, brains are shapeable, and change is possible!
- Keeping track of all the meaningful work you're doing when making W.I.S.E. M.O.V.E.S. and tackling compulsive behaviors, keeps you going!

